Think of your target market as a person.
WHAT'S YOUR IDEAL FOLLOWER) LIKE?
How old are they?
What gender are they?
What are their hobbies/interests?
Where do they live? Is their geographical location important to you/your business?

Which accounts within your niche do they follow?
What hashtags describe them? (If you can't think of hashtags that describe them, try and think of adjectives that describe your ideal follower)
WHAT MOTIVATES YOUR IDEAL FOLLOWER?
What do they want to achieve? What are their desires (related to your focus)?

What do they struggle with? What problems do they have?
HOW CAN YOU HELP THEM?
Why did you create this offer?
What's unique about your offer / your approach / your product?

Why do you feel passionate about helping others / sharing your content / products?

If you're completely new to this (or don't know what you're going to be offering), text or email 3-5 people close to you and ask them what they find unique about you (just say you're participating in a program and this is one of the exercises).

DEFINING YOUR COMPETITION

What accounts in your niche (accounts that attract the same or a similar target market as you) would you say are your "competition" (they offer something similar to what you're offering/doing)?

Who are some of the influencers (accounts with a large following) within your niche?
ANALYZING YOUR COMPETITION
What hashtags do they use?
What's their style (look at their theme, their posts, the language they use)?
What do you like about them? What don't you like?